

MIRALAX PREPARATION FOR COLONOSCOPY

Your Procedure is with Doctor _____ Date _____ @ _____

- 2550 Windy Hill Rd. Suite 302, Marietta (770-226-9070) Arrival Time: _____
- 880 Crestmark Dr. Suite 102, Lithia Springs (678-388-2040)
- 118 Mill St. Suite 100, Woodstock (678-819-4281) Scheduler: _____

The following are instructions for your procedure. **Please read BOTH sides carefully!**

- You must be on a clear liquid diet ONLY the entire day before your procedure. No solid foods!
- On the day of your procedure, you may continue to have clear liquids up until 3 hours prior to your procedure.
- Take NOTHING by mouth (including gum, chewing tobacco) starting 3 hours prior to your procedure.

Seven (7) days prior to your procedure:

- Please stop taking iron supplements or any multi-vitamins containing iron. Disregard if not taking.
- Please make arrangements for an adult to stay at the facility for the duration of your procedure and drive you home.
****NO Driver = NO Procedure!**
- If you have major health problems or an internal defibrillator you should discuss your health history with the anesthetist at the center. Please contact them as soon as possible by calling your assigned center at the phone numbers above.

Please review your medications for any blood thinners (aspirin, Plavix, Arixtra, Aggrenox, Coumadin, Warfarin, Xarelto, Effient, Eliquis, Pradaxa, Pretal, Brilinta and others). Please stop these medications as previously instructed. **If you have been instructed to take Lovenox shots, do not take on the morning of the procedure, unless otherwise instructed.**

- **If you have not received instructions on managing these medications or have any questions please contact our office IMMEDIATELY at 678-741-5000.**

Three (3) days prior to your procedure:

- Review/complete all procedural consent forms. Complete health history form if you have not done one in the past 30 days.
- Please purchase 5mg Dulcolax tablets [not stool softener], one 238 gram bottle of Miralax, and one 64 oz bottle of Gatorade (avoid red, orange or purple color). ****If you are diabetic, substitute Gatorade with Crystal Light or PoweradeZero.***
- Also purchase flushable wet wipes, i.e. Charmin, to use during prep to reduce skin irritation, as well as anti-gas medication, i.e. Gas-X or Phazyme, to use after the procedure for bloating or gas pain.
- To improve your cleanout, begin avoiding high residue foods in your diet such as nuts, seeds, raw fruits and vegetables.

One (1) day prior to your procedure:

- **CLEAR** liquid diet for the entire day (see back side of this page). **No solid foods until after procedure.**
- ***Do not follow instructions that came with the product.*** Instead, mix the 238 gram bottle of Miralax and the 64 oz bottle of Gatorade and chill. Follow instructions below on how and when to drink your prep solution.
- At **4:00 PM** take 4 Dulcolax tablets
- If you are on long acting insulin, take only half dose the evening before your procedure, unless otherwise directed by your gastroenterologist.

If your procedure time is scheduled BEFORE 10am follow the instructions below:

[] At 6:00 pm on the day BEFORE your procedure begin drinking the 64 ounce solution. Drink an 8 oz glass every 15 minutes until the entire solution has been consumed [64 ounces.] You may continue to drink clear liquids after your solution up until 3 hours prior to procedure. **No clear liquids 3 hours prior to procedure or risk delay and/or cancellation.**

If your procedure time is scheduled 10AM or LATER, follow the instructions below:

[] Starting at 6:00 pm on the day BEFORE your procedure drink ONLY half [32 oz] of the prep solution. Drink 8oz every 15 minutes until you consume 32oz. Save the remaining half [32oz] to be consumed the following morning (see next line).

[] At 5:00 am on the day of your procedure, begin drinking the other 32 ounces of the prep solution. Drink an 8 oz glass every 15 minutes until the entire solution consumed. You may continue to drink clear liquids up to 3 hours prior to your procedure. **No clear liquids 3 hours prior to procedure or risk delay and/or cancellation.**

**Nothing by mouth including gum, chewing tobacco, or hard candy
3 hours prior to procedure or risk delay or cancellation**

On the day of your procedure:

- When finished with the prep, your bowel movements should be watery and see-through and free of solids (flecks are OK). The color may appear clear to yellow, green or tan.
- If there are prescribed medications that you **NEED** to take the morning of your procedure please do so with a small sip of water **AT LEAST 3 hours prior** to your procedure. Do not take **anything** by mouth starting 3 hours prior to your procedure.
- **Do not take any insulin or oral diabetic medication** on the morning of your procedure, unless otherwise directed by your gastroenterologist.
- If you use an inhaler bring it with you to your procedure.
- If you wear contacts, please be prepared to remove them or wear glasses.
- Please do not wear any jewelry, including body piercings, or lotion to the center.

A patient representative/responsible party is necessary because of the use of sedation. The doctor will not perform the procedure without knowing that a responsible party is in the waiting area.

The responsible party must:

- **Be at least 18 years of age**
- **Remain at the facility the entire time**
- **Receive discharge instructions and pertinent medical information**
- **Possibly need to assist the patient with dressing**
- **Drive the patient home**

CLEAR LIQUID DIET INSTRUCTIONS

This diet provides foods which will leave minimal residue in the intestinal tract.

<u>GROUP</u>	<u>LIQUIDS ALLOWED</u>
Fruit Juice	Apple juice. White grape juice.
Beverages	Black coffee, tea, carbonated beverages such as Sprite® or Coca-Cola®, Gatorade®, PowerAde®, Kool-Aid®, strained lemonade. Please AVOID red and purple colors.
Protein	Clear broth or bouillon soups
Desserts/Sweets	Popsicles®, fruit flavored ices, flavored gelatin, Jell-O and clear hard candy. Make sure to AVOID all red and purple coloring.
Seasoning	Lemon juice or honey for tea. Sugar for coffee. *NO creamer.

- **A FEW TIPS**
 - To help make your prep more palatable, consider drinking it through a straw.
 - Plan on a 3-4 hour stay.
 - Drink plenty of clear fluids **up until 3 hours** prior to your procedure to help with dehydration.
 - Do **NOT** plan on going to work, driving, or doing strenuous activities for the rest of the day after the procedure.

*******If you have any questions, please contact our office at any time at 678-741-5000. *******